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BACK FROM THE DEAD FOR MOUTH-BIRTHING FROG?

NOT SINCE A PYRENEAN IBEX WAS REVIVED FOR 7 MINUTES IN 2009 HAVE SCIENTISTS SUCCESSFULLY EFFECTED A 'DE-EXTINCTION' PAGE 7

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Snow squall pounds 'Peg

Flood outlook?
Province says flooding still predicted to be minor this spring

ELISHA DACEY
elisha.dacey@metronews.ca

Winnipeggers fed up with winter grudgingly brought out their shovels Monday to dig out of Mother Nature's latest dump of snow.

The city saw 10-15 centimetres of snow, which began Sunday afternoon, before the Montana storm moved into northwestern Ontario.

The Red River Valley has seen more snow since January than is usually seen in the entire winter season, said Natalie Hassel, meteorologist for Environment Canada.

The snow started to taper off Monday afternoon, but high winds that gusted to 60 km/h simply blew it about.

"The snow is actually quite fluffy … it won't be hard for the wind to pick that up," said Hassel on Monday morning.

The snow made driving treacherous outside the city, with numerous reports of snowdrift-covered highways, cars in the ditch and a jack-knifed semi on Hwy. 75 that blocked traffic for hours. The highway was later closed due to blowing snow and ice-covered roads.

The City of Winnipeg announced they were cleaning Winnipeg's major routes.

Priority 1 and 2 roads are being tackled right away, with snow clearing of residential streets to follow, according to a press release sent out by city administrators. Back lanes will be tackled beginning Tuesday morning. There is no snow-route parking ban at this time, they added.

The province said despite the fact spring is late in arriving, leading to a faster melt and higher chance of flooding, they still believe flooding in Manitoba this spring will be minor due to low soil-moisture levels in the fall of 2012.

Another flood outlook will be released next week.

S'no small cost

$1M

Administrators pegged the cost of the latest snow cleanup at $1 million.

Two men push a vehicle out of the snow at the corner of Rorie Street and McDermot Avenue Monday afternoon. At one point Monday, wait times for help from CAA Manitoba topped two hours inside the city, and 90 minutes in rural Manitoba. SHANE GIBSON/METRO

Ruling in ER death lawsuit appealed

Family fights for charter-rights violation claim PAGE 3

Cool blast of Arctic research

U of M unveils its new $15M cold-lab facility PAGE 4

Online wish granted on St. Patrick's

Stranger visits Irish grave of Haligonian's kin PAGE 6

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Brian Sinclair. Family of man who died in ER appeals lawsuit ruling

The family of a Winnipeg man who died in a hospital emergency room is appealing a court decision that reduced the scope of their lawsuit.

Relatives of Brian Sinclair are appealing a Court of Queen's bench ruling last year that dismissed a section of their statement of claim that said Sinclair's charter rights had been violated. A hearing is set for Wednesday.

Sinclair, 45, a double amputee, was in a wheelchair when he went to the ER at the Health Sciences Centre in September 2008. Security video showed he went to the triage desk and spoke to an aide before wheeling himself into the waiting room. That appears to have been his only interaction with staff.

Some 34 hours later, another person in the waiting room approached a security guard to say Sinclair appeared to be dead. Manitoba's chief medical examiner said the death could have been prevented if his blocked catheter had been changed and his infection treated.

The Winnipeg Regional Health Authority has paid out $110,000 in damages to the Sinclair family for loss of care, guidance and companionship.

The family's lawyers had also argued the health authority and the province violated Sinclair's charter rights and allowed the ER to operate even though it constituted a public nuisance to vulnerable aboriginal patients. But the Court of Queen's Bench justice ruled there was no evidence to back up those claims and dismissed them.

THE CANADIAN PRESS

New boundaries redraw the city

Proposed new federal-election boundaries have been all but finalized, and this is what Winnipeg's federal ridings will look like once the ink is dry. The redrawn electoral map will be used in the first federal election called after the spring of 2014. CONTRIBUTED

Crime. Sex offender nabbed after Main Street assault

A man convicted of several sexual offences has been arrested after a brazen assault on Main Street, Winnipeg police say.

Police say a man walked into a business in the 1000 block of Main Street on Friday afternoon and confronted two female employees. He separated the women, then sexually assaulted them both.

The second woman was able to fight off the attacker, at which point he ran.

Police arrested Joshua James Turner, 30, a few hours later and charged him with sexual assault with a weapon, forcible confinement and uttering threats.

Turner has numerous convictions and police have said that he has mental-health problems. In March 2011, police asked for help finding him after he breached probation. Police said at the time that he had been convicted of sexual assault, harassment and making indecent phone calls, and had a history of ignoring court orders. At the time, he was considered a high risk to reoffend. METRO

People on EIA need more help to pay rent: Tories

Housing. PC leader says plan would cost $18M a year, but would reduce amount spent on health care

BERNICE PONTANILLA
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Manitobans on welfare should get a raise in their rental allowance, the province's Opposition party says.

Progressive Conservative Leader Brian Pallister said on Monday that if he were premier, he would raise the rental allowance to 75 per cent of the median market rent.

He says that would work out to about $385 a month for a single person — $100 higher than the current level.

"In 2000, a one-bedroom apartment rented for an average of $473. Today that same apartment would cost about $700. That's a 50 per cent increase, yet the allowance for housing has remained flat," Pallister said, adding that he remains a fiscal conservative.

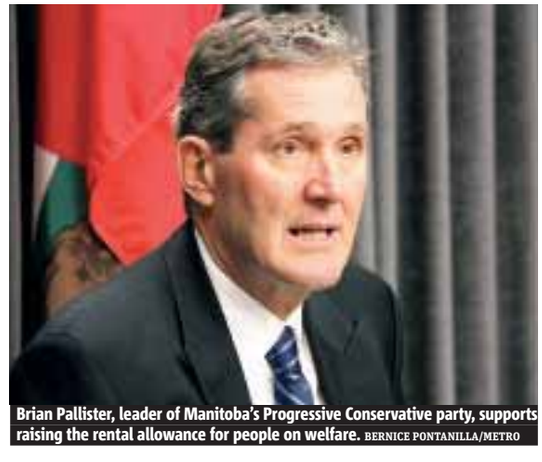
Anti-poverty groups have long campaigned for a hike in welfare rental allowances.

Make Poverty History Manitoba has put ongoing pressure on Premier Greg Selinger and the NDP government to raise the rental allowance for those on Employment and Income Assistance.

During a rally in January, spokesperson Kirsten Bernas said her group wants to see the allowance for people on EIA increased to 75 per cent of the median market rent. Right now, the rates are between 40 and 60 per cent, and haven't changed since 1992.

Pallister said his plan would cost the province $18 million a year, but it would save money by improving people's health.

WITH FILES FROM THE CANADIAN PRESS



Brian Pallister, leader of Manitoba's Progressive Conservative party, supports raising the rental allowance for people on welfare. BERNICE PONTANILLA/METRO

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Progressive Conservative Leader Brian Pallister

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Weekly Transit News Update

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U of M reveals Arctic research facility

Cold science. Temperature-controlled cold labs among cool new equipment

SHANE GIBSON
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On a morning where Winnipeggers woke up to a mighty blast of winter, the University of Manitoba couldn't have picked a better day than Monday to unveil their new Arctic research centre.

The $15-million facility — named after former Northwest Territories premier Nellie Cournoyea —has 60,000-square-feet of specialized laboratories, state-of-the-art instruments and classrooms, and will lead global efforts to understand climate change, according to David Barber, director of the school's Centre for Earth Observation.

"It's revolutionized what we're doing," he told Metro during a tour of the new facility, which is now twice as big and has led to partnerships with researchers in Denmark and Greenland. "We're now one of the largest research groups on the planet focused on sea ice, the ocean system and how climate change is affecting that."

The facility studies everything to do with the Arctic marine system — from the smallest viruses and bacteria to fish and marine mammals like fish and polar bears — which Barber said is important because the first signs of climate change are being felt in the far north.

"Understanding those changes in the Arctic are very important for us to be able to transfer those to the more tepid and tropical parts of the planet," he explained. "We're learning a lot about what climate change is doing and the rate at which it's doing it."

The Nellie Cournoyea Arctic Research Facility is located on a newly built floor on top of the U of M's Wallace Building.

Icy research

- The U of M has an ice tank on campus that allows researchers to take advantage of Winnipeg's cold temperatures to grow sea ice for experiments.

David Barber, director of the Centre for Earth Observation Science at the U of M, holds a core of Arctic sea ice in one of three temperature-controlled cold laboratories at the school's new Nellie Cournoyea Arctic Research Facility. SHANE GIBSON/METRO

Manitoba's After School Network about 'motivating people': Minister

Minister of Children and Youth Opportunity Kevin Chief with Grace Fanhbulleh, who participates in after-school programming, at the After School Network launch on Friday. ROM CUETO/CONTRIBUTED

Keeping track of organizations that keep kids and teens busy during the hours after classes wrap up is the focus of a new provincial initiative.

Dozens of community leaders, charitable organizations and youth gathered on Friday to launch Manitoba's After School Network, said Minister of Children and Youth Opportunities Kevin Chief.

"What we need to establish is a provincial network of support," said Chief.

"A network can really inspire and motivate people."

Chief said the idea for the After School Network came from his travels across the province following his election, during which community members shared their thoughts on what could help young people between 6 and 18 years of age steer clear of gangs, drugs and other dangerous behaviours.

After school programs were mentioned time and again.

"It's universally important, no matter where you live (in Manitoba)," said Chief, adding that many of these organizations not only provide a place to hang out, but also feed and educate kids.

The Manitoba government has invested $12 million in after-school programming. BERNICE PONTANILLA/METRO

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Stranger's kindness fulfils St. Patrick's Day wish

Halifax to Dublin. Plea online brings Irishman to forgotten family grave

ANDREW FIFIELD
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While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started when Andrew Bourke of Halifax brought an odd request to the social news site Reddit on the weekend.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lieut. Thomas Leslie Bourke, who died more than 50 years before Andrew was born.

"Can someone drink a pint there tomorrow … or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually make it to the grave. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included was a new photo of the same grave, now decorated with a simple token.

"I found the houses that are in the background," elmostats explained. "I then stood at the point where I was looking at the houses at the same angle.... It took about 30 minutes."

"I honestly cried," Bourke later confirmed. "Just a little bit ... but wow. Just wow."

Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

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Keystone XL. Premier says U.S. pipeline refusal would be betrayal of partnership

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa to promote her energy strategy. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to build its $7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the original free-trade agreement between Canada and the United States included formal commitments to maintain the energy relationship, with Canada promising to remain a supplier and the United States committing to remaining a customer.

THE CANADIAN PRESS

Alberta Premier Alison Redford in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

British Columbia

No fair answer for aided suicide: Feds

A lawyer for the federal government told B.C.'s highest court that a lower-court judge erred by trying to find a "right answer" when it struck down the ban on assisted suicide. On Monday, the first day of an appeal, Donnaree Nygard said the issue has each side totally opposed. The charter seeks to strike a balance, she said, but Parliament has always held the needs of the vulnerable over those asking to die. THE CANADIAN PRESS

Alberta

Death brings fix for hand sanitizer

The 2010 death of a man in Alberta has changed the way hand sanitizer is provided in hospitals.

A doctor at Vulcan Hospital determined it was safe for a drunken Kurt Kraus to sober up in an RCMP cell. A nurse suspected the alcoholic had ingested hand sanitizer at the hospital, but no one knew he had also taken 10 anti-depressant pills.

Hospitals have removed all portable bottles and replaced them with wall-mounted dispensers in public areas. THE CANADIAN PRESS

Buttock enhancement

Cops warn of back-alley procedures

Toronto police have issued a warning about illegal buttock-enhancements being performed in homes and hotel rooms.

They said women are paying cash, typically thousands, to have a substance injected. Investigators said some have experienced serious medical complications. THE CANADIAN PRESS

Illegal immigration

Feds back border patrol reality show

The federal government is being criticized for approving a reality TV show on Canada's border security after camera crews filmed the arrest of several men in Vancouver last week.

But Public Safety Minister Vic Toews isn't backing down, saying that illegal immigrants cost taxpayers millions of dollars a year. THE CANADIAN PRESS

Strange frog species may jump again

De-extinction. Scientists plan to revive frog that was wiped out in 1983

As the only animal to give birth through its mouth, the gastric-brooding frog fascinated scientists — until it became extinct in 1983. But thanks to a cloning breakthrough, this unique beast could live again and become the first "de-extinct" species since a Pyrenean ibex survived for seven minutes in 2009.

New technology has allowed the Australian 'Lazarus Project' to insert the frog's genome — its complete DNA — into a similar species. The process, announced at the TEDx DeExtinction conference, is expected to produce the living animal within a few years, the project's creators claim. "I'm sure we can get to that stage, and it will be exactly the same as the extinct frog," Lazarus scientist Michael Mahony told Metro.

The team will produce several of the species, and claim the same technology could work for any organism — they are also working to revive the Thylacine, or Tasmanian Tiger.

KIERON MONKS/METRO WORLD NEWS

Doomed?

"In many cases there is no place for (extinct species), as their habitats have disappeared. They would be doomed again."

National Geographic science writer Brian Switek, giving his view on the controversial de-extinction plans.

The gastric-brooding frog became extinct in 1983. PETER SCHOUTEN/METRO WORLD NEWS

Satan looks a helluva lot like ... Obama? Nonsense, TV show producers retort

The producers of the cable TV miniseries on the Bible say Internet chatter that their Satan character resembles President Barack Obama is "utter nonsense."

Mark Burnett and Roma Downey said Monday the Moroccan actor who played Satan in the History channel series, Mehdi Ouazanni, has played Satanic characters in other Biblical programs long before Obama was elected president.

The idea got widespread attention after talk show host Glenn Beck last week tweeted: "Does Satan look EXACTLY like Obama? Yes!"

History said in a statement that the network has "the highest respect" for Obama, and that "it's unfortunate that anyone made this false connection."

"Both Mark and I have nothing but respect and love our president, who is a fellow Christian," said Downey, the Touched By an Angel actress who is married to Burnett.

THE ASSOCIATED PRESS

Is there a resemblance between Obama and this Satan character? THE ASSOCIATED PRESS

Alabama

Man pleads guilty in Obama Twitter death threat

A Birmingham man has pleaded guilty to using Twitter to threaten the life of President Barack Obama.

U.S. Attorney Joyce White Vance said 25-year-old Jarvis Britton entered the guilty plea Monday.

Prosecutors said he tweeted, "Let's kill the president. F.E.A.R.,' on Sept. 14. It stands for Forever Enduring Always Ready, which prosecutors say is a national militia group that planned to overthrow the U.S. government.

THE ASSOCIATED PRESS

Twitter co-founder

Another rich guy wants to be mayor of New York City

There may be another billionaire interested in New York City's top job.

Jack Dorsey, co-founder of Twitter and the mobile-payments startup Square, reportedly says he wants to be mayor of New York one day.

In an interview aired Sunday on 60 Minutes, CBS's Lara Logan said Dorsey is serious about moving to the Big Apple someday and running for mayor.

Dorsey tells Logan what he loves about New York is the electricity he feels when he's in the city. THE ASSOCIATED PRESS

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Guantanamo Bay

More than 20 men on hunger strike

A hunger strike at the Guantanamo Bay prison has grown and now involves at least 21 men, a U.S. military official said Monday while denying reports trickling out from prisoners through lawyers that there is a more widespread protest and lives are in danger.

No prisoner faces any immediate health threat from the strike, though two have been admitted to the prison medical clinic because of dehydration, said U.S. navy Capt. Robert Durand, a spokesman for the detention centre in Cuba. THE ASSOCIATED PRESS

Central India. Six men accused of raping Swiss tourist appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest Sunday they confessed to the crime, police said. The men, who are poor farmers from nearby villages, also face additional charges of robbing the Swiss couple.

The attack, which occurred Friday night as the couple camped in a forest in Datia district, came three months after the fatal gang rape of a woman on a New Delhi bus, which spurred outrage over the treatment of women in Indian society and the country's justice system.

The men beat up the husband and tied him to a tree before raping the woman, police said.

THE ASSOCIATED PRESS

Chopper pilot carried out prison break at gunpoint, boss says

'You're going to ... jail.' 23-year-old back home Monday after being treated for shock following movie-like ordeal

A young helicopter pilot, Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to St-Jerome prison,'" said Yves Le Roux, the owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

And up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners dangling from the helicopter, and they landed in an open field where they were able to hop aboard.

He said that particular landing was bumpy — at least for one passenger. One of the convicts had become tangled in the rope, upside-down, and may have smashed into the ground.

From there, they flew toward a hotel in the Laurentians, where the four passengers exited — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway.

Foray was soon found by police and brought to a hospital, where he spent a few hours being treated for nervous shock.

THE CANADIAN PRESS

Slippery suspects

"We're going to need more shackles."

A provincial officer shouting to colleagues tasked with restraining two inmates charged in a daring prison break.

Nabbed

Hours after the prison break, the two alleged accomplices and the two convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

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Ex-star quarterback killed in plane crash

Firefighters work at a home Monday in South Bend, Ind., where a plane crashed Sunday. The plane damaged homes, caused injuries and led to at least two fatalities. Former University of Oklahoma Sooners quarterback Steve Davis, 60, and Wes Caves, 58, a Tulsa, Oklahoma businessman, were the flight crew on the private jet, and were both killed. JOE RAYMOND/THE ASSOCIATED PRESS

Coming 2 weeks

Target to open 21 new stores in Ont.

Target's expansion into Canada continues apace as the American retailer is set to open 21 new Ontario stores in the next two weeks.

On Tuesday, Target is opening 17 stores in communities across the province, while four more will be opened on March 28, adding to the three pilot stores launched earlier.

THE CANADIAN PRESS

New York City

City may make stores hide tobacco

A new proposal would require New York City retailers to keep tobacco products out of sight under a first-in-the-nation proposal aimed at reducing the youth smoking rate, Mayor Michael Bloomberg said Monday.

Bloomberg said similar prohibitions on displays have been enacted in other countries, including Iceland, Canada, England and Ireland. THE ASSOCIATED PRESS

Gobble-gobble

Burger King to offer turkey burger

If you think a Whopper's too indulgent but are sick of chicken sandwiches, Burger King is offering a turkey burger for the first time. The Miami-based company is rolling out the new sandwich this week as part of its limited-time offers for spring, marking the latest fast-food effort to cater to health-conscious diners.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.82¢ (-0.29¢)

TSX 12,781.76 (-48.27)

OIL $93.74 (+29¢)

GOLD $1,604.60 (+$12)

Natural gas: $3.92 (+4.8¢)
Dow Jones: 14,452.06 (-62.05)

Cyprus tax plan shocks Europe

Savings. Government set to raid bank accounts to raise bailout money

Protesters hold up their hands outside the parliament in Nicosia, Cyprus, to protest a controversial bailout proposal. PETROS KARADJIAS/THE ASSOCIATED PRESS

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island nation of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8-billion-euro ($20.9-billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut until Thursday while it tries to modify the deal to reduce the hit on people with small deposits.

Several hundred people gathered outside the vacant parliament building, with some chanting "thieves, thieves."

In order to get 10 billion euro ($13.2 billion) in bailout loans from international creditors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted. The government is now trying to modify the terms of the plan, particularly for small savers.

THE ASSOCIATED PRESS

U.K. Deal struck on press laws

British politicians have struck a last-minute deal over press regulation that is meant to curb the worst abuses of the country's scandal-tarred media.

The deal follows days of heated debate over how to implement the recommendations of Lord Justice Brian Leveson, the senior judge tasked with cleaning up a newspaper industry plunged into crisis by revelations of widespread illegality. Victims' groups have lobbied for an independent watchdog whose powers are rooted in legislation. Media groups have opposed potential press laws, saying it threatens press freedom.

The deal reached in the early hours of Monday morning is a complicated compromise.

"I think we have got an agreement which protects the freedom of the press — that is incredibly important in a democracy — but also protects the rights of people not to have their lives turned upside down," Labour leader Harriet Harman told ITV.

THE ASSOCIATED PRESS

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ALL'S FAIR IN LOVE AND LAUNDRY

SHE SAYS
Jessica Napier
metronews.ca

There are numerous benefits to shacking up with a significant other — not only is it cost effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery store receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blow-out fights) about discrepancies in who does more housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Fancy some moonshine?

STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky as there were no aurora to see then," he said. METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air.

The shape of the ice crystals results in a focusing of the light into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.

Which is a far cry from the military tension of the Korean Peninsula's DMZ.

Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.

Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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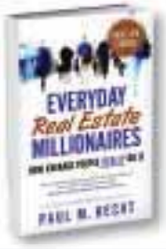

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$19,000

FT. LAUDERDALE, FL
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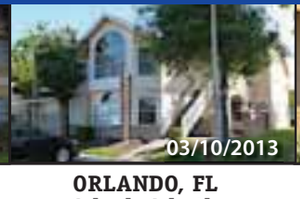
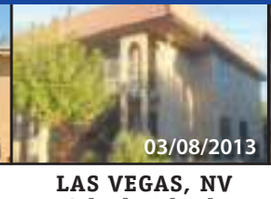
Minutes to Ocean
2006 Value $217K
$27,900



ORLANDO, FL
3 bed, 2 bath
Minutes to Disney
2007 Value $172K
$27,900

PHOENIX, AZ
3 bed, 2 bath
Close to Downtown
Price Reduced
$29,000



LAS VEGAS, NV
3 bed, 1 bath
Close to Everything
2008 Value $180K
$34,900

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SCENE 2

DVD reviews

The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.

1993

His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

Britney Spears, Christina Aguilera and JT appeared on The Mickey Mouse Club when — whoa, is that Ryan Gosling? Why isn't this story about him?

1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.

2000

Bristin Timberspears never really took off as a nickname. It's never too late.

2002

The solo career. The album Justified would sell more than 7 million worldwide.

2004

Nipplegate

2006

Timberlake brings sexy back with FutureSex/LoveSounds.

2007

Madonna teams up with JT and the world shrugs.

2010

Timberlake brings swagger to the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson.

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Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Here comes the Lohan!

THE WORD
Meredith Engel
scene@metronews.ca

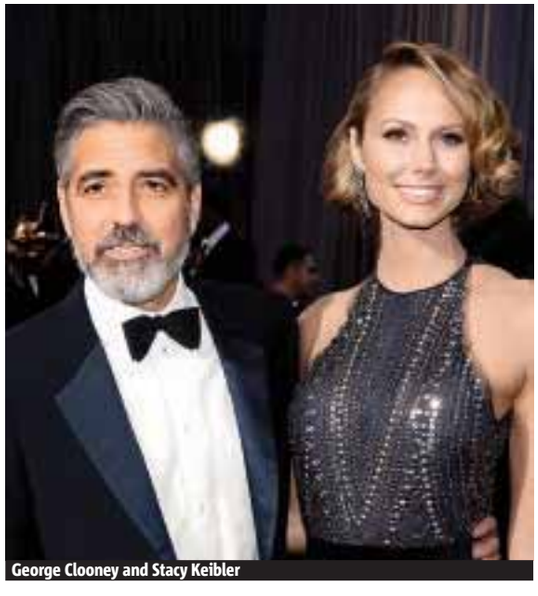
We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?

Lindsay Lohan gets glitter-bombed. DAMIAN DOVARGANES / THE ASSOCIATED PRESS

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.


George Clooney and Stacy Keibler

Madonna

Madonna always comes prepared with a few potshots

Madonna used an appearance at the GLAAD Awards this weekend to take some shots at the Boy Scouts of America, which continues to ban gay members and troop leaders. The outspoken singer showed up at the event dressed in a Cub Scout uniform to present an award to Anderson Cooper.

"I wanted to be a Boy Scout, but they wouldn't let me in. I think that's f—ed up. I can build a fire. I know how to pitch a tent," Madonna said from the stage. "Most importantly I know how to scout for boys. So, I think I should be allowed to be a Boy Scout and they should change their stupid rules."

Gwyneth Paltrow

Going for baby three a scary thought for Paltrow

Gwyneth Paltrow has been considering having a third child, but one very traumatic experience from the last time she and husband Chris Martin tried — which resulted in a miscarriage, she reveals — is giving her pause. "My children ask me to have a baby all the time. And you never know, I could squeeze one more in. I am missing my third. I'm thinking about it," the mother of two tells the Mail on Sunday's You magazine. "But I had a really bad experience when I was pregnant with my third. It didn't work out and I nearly died. So I am like, 'Are we good here or should we go back and try again?'"

Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.
"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."

Slim for life

Biggest Loser coach weighs in with new book

Jillian Michaels orders two eggs over easy with a smidgeon of oil and two slices of dry toast.

And coffee.

Coffee?! "Two strong cups, 400 milligrams, fights pancreatic cancer," she says. "Plus Alzheimer's, Type 2 diabetes and improves cognitive functions."

Not that Michaels is a health-nut goodie-goodie.

"I still drink a little bit of alcohol," she confides. "And I haven't been to the gym in five days!" No wonder. There's this grueling book tour on top of an always-heavy workload, plus the routine demands of parenting a three-year-old daughter and an 11-month-old son who, along with her partner, Heidi Rhoades, have come with her on this recent New York visit.

But all is never lost, says Michaels, in the battle to lose weight and be healthy. "Even if you're just standing while you're talking on the phone," she offers, "you can burn up to 300 calories in a day."

That's the sort of forgiving advice found in her latest book, Slim for Life: My Insider Secrets to Simple, Fast and Lasting Weight Loss (Harmony Books). "It's my softest approach to weight loss," says Michaels, a wellness coach to whom the word "soft" is seldom applied.

After all, she is famous as the drill-sergeant trainer on NBC's The Biggest Loser, a five-foot-two-inch force of nature who doesn't hesitate to throw her tautly muscled weight around.

Jillian Michaels THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Uplift your soles

Sneakers. What you wear on your feet has a huge impact on your overall health as well

MEREDITH ENGEL
Metro World News in New York

The head bone's connected to the neck bone. The neck bone's connected to the back bone. The back bone's connected to the thigh bone (and so on).

This may be a little ditty you sang as a kid, but it carries an important message: our body parts work in conjunction with one another.

What starts at our feet, therefore, can influence how the rest of our body behaves. We may develop pains in our hips or back based on how our feet are moving. That's why proper footwear is important for staying injury-free.

We enlisted Dr. Andrew Sands, the chief of foot and ankle surgery at New York Downtown Hospital, to give us some pointers on choosing a good pair of sneakers.

What can wearing the wrong sneakers do for your health?
Sneakers now have different areas of support for differently shaped feet. If someone does not know, for example they have a high arched foot, and the sneaker store salesman sells them something that exaggerates that high arch, it can lead to injuries such as stress fractures or ankle sprains.

If the wrong sneaker means cheap materials and poor construction, and one walks all day on concrete, it can lead to pain, to overload syndromes or stress fractures.

How long should you keep your sneakers?
It depends on how big you are and how much you use the sneakers. If you are a husky guy and you walk all day at work then walk around on concrete in your free time, you should consider having two or more pairs of cushioned shoes. Alternating them allows them to breathe and rest between wearings. The visco-cushioned materials have a chance to rebound.

Eventually, however, these materials get crushed beyond repair and should be replaced.

Also, if you run, the sneakers break down faster. In general, sneakers should be replaced every six to nine months (if you're a big guy) and one to one and a half years if you are a lighter person. Write the date of purchase on the inside label in Sharpie. It makes it easier to keep track.

What should you look for when buying sneakers?
It depends on the shape of your foot. A visit with an orthopedic surgeon who specializes in foot and ankle surgery will guide you in choosing sneakers, shoe wear and associated devices.

What questions should you ask a salesperson about the sneakers you're interested in?
You should know what you need and what you want before you go to the store. I always recommend a sneaker that has width sizing. Manufacturers don't have a standard sizing criterion. Don't go by what you think is your number. Go by the proper fit — one finger space beyond the toe, and the width should be wider than your foot. Your foot shouldn't spill over the sides of your shoes.

What is a more expensive pair of sneakers offering that a cheaper pair isn't?
The materials tend to be better — the shoes might be sewed instead of glued and there might be a removable insert. Avoid seam lines over bunions, as seam lines don't stretch.

To throw away or not...

How do you know when it's time to replace your sneakers?

- **Questions.** Dr. Sands says to ask yourself questions such as: is the heel counter straight or is it smashed down to one side? Are the toes curling? Is the inside liner torn? If yes, replace.
- **Additional factors.** If there is a bad smell or your dog won't sit near you, it is time to buy new sneakers.

Know your feet before you go shopping for sneakers. ISTOCK

DO YOU HAVE AN UNDIAGNOSED VISION CONDITION?

The human visual system is complex. Because vision, unlike sight, is a developed skill and controlled by the brain, several visual dysfunctions can develop. These conditions, unfortunately, often go undiagnosed during a regular eye examination. Neuro-developmental vision problems are visual anomalies that interfere with the ability to function in our high tech, educationally driven society. These visual disorders can cause difficulty reading, doing paperwork, paying attention, concentrating, and working on the computer.

Sadly, 1 in 4 children have vision problems that interfere with their ability to learn, yet they do not report having visual difficulties. Many adults are amazed to discover how many of the signs and symptoms that they have come to accept as "part of life" are actually due to a previously undiagnosed visual dysfunction.

There are many signs and symptoms that can occur when an individual is suffering from a visual dysfunction such as:

- Headaches in the brow or temple area
- Recurring eye strain or eye pain
- Watery, itchy, burning eyes
- Intermittent double vision
- Intermittent blur, print moves in and out of focus
- Fatigue easily when reading
- Dislike or have difficulty reading
- Skip word/lines or lose place while reading
- Move head while reading
- Poor comprehension
- Difficulty judging distance (sports, driving)
- Difficulty paying attention
- Hold head too close when reading or copying
- Move lips while reading

Neuro-Developmental Vision Therapy is prescribed to treat specific diagnosed conditions of the visual system. Each program is based on the results of standardized tests, the individual needs of the patient, and the patient's signs and symptoms. The use of lenses, prisms, filters, occluders, specialized instruments, and computer programs is an integral part of vision therapy. Effective therapy requires visual skills to be developed until they are integrated with other systems and become automatic, enabling individuals to achieve their full potential. Research has shown that vision therapy can be an effective treatment option for:

- Oculomotor Dysfunction
- Binocular Disorders
- Accommodative Disorders
- Amblyopia
- Visual Information Processing Disorders

The optometrists at Anderson Family Vision Care have continued their education beyond the basic Doctor of Optometry degree. After seeing numerous patients who were struggling due to functional vision disorders that are not correctable by providing glasses, contacts, or surgery, they decided to make this specialty service available in the Winnipeg area. Our clinic if fully equipped to treat patients using the most up-to-date methods and all our doctors and therapists are members of the College of Optometrists in Vision Development.

To schedule a Neuro-Developmental Vision Assessment to determine to what extent a vision problem is contributing to you or your child's vision difficulties, call 204-633-7482.
If you have any questions, about vision therapy, please feel free to call and ask for Dawn Grandmont.

You may also visit the following websites:
andersonvisioncare.ca
covd.org aoa.org
visionandlearning.org
childrensvision.com

Anderson family vision care

OPTOMETRISTS
DR. A. ANDERSON & ASSOCIATES
90-2200 McPhillips, Winnipeg MB
204.633.7482 • www.andersonvisioncare.ca

Forget Gatorade, just pop a Medjool Date Ball

This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

Ingredients

- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

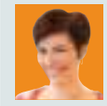
2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as needed to help blend.

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. RECIPE COURTESY OF NATURAL DELIGHTS MEDJOOL DATES

Health Solutions

Start dating again



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

- Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great ingredient in loaves as they add anti-oxidants along with sweetness.

- Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.

- Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Easy and low fat — it doesn't get any better

NATALIE RICHARD
YummyMummyClub.ca

I love this Cranberry Muffin recipe because it is so easy to make and on top of being healthy and low fat, the muffins are not too sweet.

They make a perfect afternoon snack or even a morning delight.

1. Preheat the oven at 350 F.

Ingredients

- 1 cup of all purpose flour (I like unbleached organic pastry flour)
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 tbsp butter
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/4 cup plain yogurt (2% or non-fat)
- 1/2 Granny Smith apple, grated
- 1 cup fresh cranberries

This recipe makes 12 muffins. NATALIE RICHARD OF YUMMYMUMMY.CA

2. Butter or spray muffin cups with non-stick cooking spray.

3. Mix flour, baking powder, baking soda and salt together.

4. Incorporate the butter and mix in the beaten egg, maple syrup, yogurt and grated apple.

5. Fold in the fresh cranberries and spoon the batter evenly in the muffin tins. Bake until done, about 20 minutes. You can test to see if they're done by sticking a toothpick into the centre of a muffin. If it comes out clean, pull out of oven, let cool on wire rack and enjoy.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Is there something in our brains that can help explain love? ISTOCK IMAGES

Trying to explain love with science

Book. Author looks into our genetic tendencies when it comes to matters of the heart

HEIDI PATALANO
life@metronews.ca

Science has told us so many definitive things about the way our world works, but matters of the heart are still largely a mystery, no matter how much study has been dedicated to figuring out how the human brain operates when in love.

Just ask Kayt Sukel, author of Dirty Minds: How Our Brains Influence Love, Sex and Relationships. Sukel investigated a wealth of neurological studies meant to suss out our genetic tendencies when it comes to mating, but her inspiration to do so came from a very relatable place.

"I was looking for the same thing that anyone with a broken heart trolling the self-help aisle was," she says. "I was looking for some actionable advice — something that sort of made sense and really explained what love was. That's not exactly what I found. I didn't find those 'five ways to make him love you.' I didn't find any rules."

Disappointing? Sure. Sukel says that so many factors can affect the brain's behaviour that it's close to impossible to come up with any hard-and-fast rules of human behaviour when love is involved.

"I found that our brains are plastic, love relationships are complicated even down to the cellular level and whenever you introduce all of these variables together, you get a different situation every time," Sukel says.

But there is one bit of validation Sukel found that will be useful to any woman who has been the victim of infidelity.

"There's this whole camp that says that men are built to cheat," Sukel says. "That it's just their evolutionary strategy, but we've evolved also with this huge frontal lobe and of course that's the centre of decision-making and morality. We've come a long way from the idea that our biology compels us. There's always a choice."

Q&A

Which animal is the closest to humans in terms of mating?

- "A little rodent called the prairie vole," Sukel says. "Not only do they pair-bond for life, but they're also alloparentals — which means that both the moms and dads take care of the babies. They're the best model we have to study these kinds of behaviours, especially in terms of looking at the brain and what's going on there in terms of neurochemical genetics."

For Canadian families, the canine is king

Would you sooner kick your snoring spouse, or your snoring pooch, out of the bedroom? Do you celebrate your pup's birthday? Is your dog included in family photos?

As a recent Purina Dog Chow Family Poll uncovered, one thing is certain: Canada's four-legged friends are cherished members of the family.

Across the country the feeling is unanimous. Families do not feel complete without their canine companions, and the family dog is rewarded handsomely for it.

More than one-third of respondents (37 per cent) would sooner kick their spouse out of the bedroom for snoring than their dog; half of respondents (51 per cent) say their dog sleeps with them in bed; 61 per cent acknowledge their pup's birthday; 85 per cent include their dog in family photos.

Not only do our furry family members have upgraded sleeping arrangements, but the majority of pet owners wouldn't think about planning a trip (91 per cent), or making weekend plans (87 per cent), without considering their dog in the preparations. And to make their family status official, two in five dogs adopt their family's last name.

"It doesn't come as a shock that Canadians feel this way about their family pet," said Jill Priest, a dog behaviourist and trainer. "Dogs have evolved from work companions, to full-fledged family members who provide unconditional love and teach us a sense of responsibility." NEWS CANADA

Dogs are a cherished member of the family. Often, they're the ones that call the shots. ISTOCK IMAGES

STAY BUSY AS A MOTOSPORT TECH

WINNIPEG TECHNICAL COLLEGE

Off-road and marine vehicles take a beating — and if they aren't well-maintained, the rider will, too. That's why motosport technicians stay so busy. Enrol in Winnipeg Technical College's motosport technician certificate program and you can make the technician's trade your own.

This program will train you to use every tool and piece of equipment the profession requires. You will master the ins and outs of off-road vehicle systems. You will learn how to perform tune-ups and diagnostics on motorcycles, snowmobiles, all-terrain vehicles, and watercraft — and how to maintain, repair, or rebuild them so they run safely and smoothly for years.

The motosport technician program can be taken as a full-time or part-time program. Full-time students require 10 months to complete it; part-time students, two academic years. Classes take place in the mornings or afternoons, or all day, providing flexibility for students who have full-time jobs. Classes are held at WTC's Henlow Campus, which features 25,000 square feet of space, allowing instructors to operate 12 active service bays, a fabrication and welding area, and a dynamometer lab.

Students who qualify will also complete a four-week work practicum, which provides them with on-the-job training and networking opportunities. Work practicums are completed at a local place of business, and employers often hire the students afterward. This program prepares you for a career servicing these vehicles as an entrepreneur or for someone else.

"Like all of WTC's academic offerings, the motosport technician program is relevant, focusing on knowledge and skills that are in demand, developed and delivered by instructors with industry experience," says Veronica Neufeld, marketing and communications specialist. "This allows us to provide students with a career-focused, skills-based program, ensuring their potential for career success and personal achievement. We're proud to report a 90 per cent employment rate for graduates, many of whom work with major dealerships and independent service centres throughout Manitoba."

This is Manitoba's only accredited, apprenticeship Level 1 pre-employment program for the marine outdoor power equipment technician (MOPET) skilled trade.

The next start date for the motosport technician program is September.

To learn more, or to register, visit wtc.mb.ca, or call 204-989-6500.

WHERE SMART PEOPLE GO TO FIND JOBS

RED RIVER COLLEGE

Red River College gives students the knowledge and skills they need to find the careers they are looking for. That's good news — not just for students, but for employers.

Finding skilled labour is one of the biggest challenges facing Manitoba employers today. Experienced workers are retiring in greater numbers. This trend is creating a gap that many young people can't fill without training. If left alone, the gap will get worse. Manitoba's food services industry, for example, is expected to face a shortage of about 4,400 workers by 2030.

This problem of "people without jobs and jobs without people" is one the provincial government intends to solve. It has already set a goal of creating 75,000 more workers by 2020. But to achieve that goal it will need the help of post-secondary institutions of all kinds, training the next generation of men and women for the many job opportunities out there. Red River College is one of them.

RED RIVER COLLEGE PHOTOS

RRC is a place smart people go to find jobs. It's a place they have chosen to be. Many of them realize the advantage college graduates now have over university graduates in the job market — favoured by a ratio of six to one by members of the Canadian Federation of Independent Business. In fact, nearly 30 per cent of students at RRC have previously studied at a university.

For these students, an education at Red River College is an investment because 96 per cent of those who graduate from RRC — whether they have earned a degree, diploma, or certificate — find relevant jobs in their fields.

This number is made possible through programs designed with the workforce in mind, including instructors with real-world experience, partnerships with business leaders and sector councils, and a practical mix of theory and hands-on training in every course. It is also possible through continued innovation, like RRC's new Paterson Global Foods Institute (PGI), a state-of-the-art facility whose graduates will help ensure that Manitoba's food services shortfall will likely never happen.

There are great employers out there looking for someone like you. As a Red River College graduate, you can make that connection happen. Visit rrc.mb.ca today to find out how.

HERZING HAS THE PRICE OF SUCCESS

Since 1970, Herzing College has prepared thousands of students for careers in health care, business, technology, and law. From year to year, even generation to generation, Herzing provides a consistent quality of education. But that doesn't mean everything stays the same.

"We have long incorporated 'soft-skills' into our programs, but employers told us they needed more," says Robin Day, academic dean. "So we developed a formal presentation of these skills, called 'PRICE of Success.' It's now part of all of our programs."

PRICE stands for professionalism, respect, integrity, caring, and engagement. These five concepts are now at the forefront of every Herzing student's education — ensuring that graduates are equipped with the critical skills employers are looking for.

"Classes address the PRICE model in many ways," Day says. "Students are encouraged to reflect on their beliefs and, at times, question them. They're encouraged to consider their decisions in light of how those decisions impact others. We're bringing to the workforce men and women who will make business better."

HERZING COLLEGE PHOTO

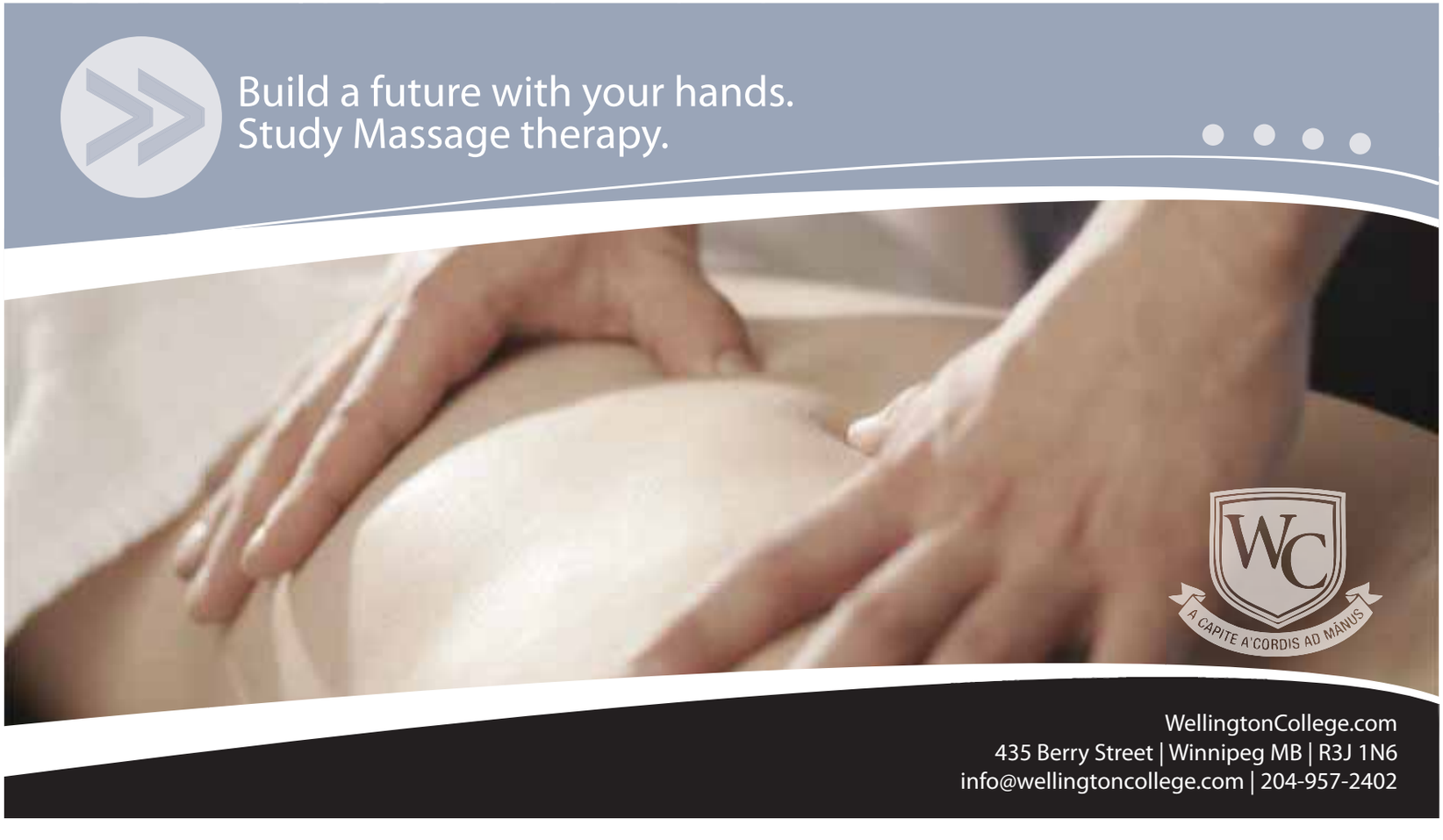
PRICE isn't just for Herzing students, either. The concepts behind it also govern how Herzing staff interact with other people, including students, faculty, administrators, and government agencies. It is already being embraced by both staff and students, which is no surprise to Day.

"Being there for students has always been part of our philosophy," he says. "When they need someone to talk to, our instructors are there. Should they struggle with their studies, we can arrange free, one-on-one tutoring, and self-paced remedial courses in math, English and science. The PRICE model just makes it easier — for us and for them."

"We educate you and work with you until you're employed in your field of study," adds Bill Riches, college president. "And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."

MORE INFO

Herzing College is located at 723 Portage Ave. For more information, call 204-775-8175, or email info@wpg.herzing.edu. You can also visit the college's website at herzing.ca/winnipeg.



CONTRIBUTED

TAILOR YOUR STUDIES FOR YOUR FUTURE

WELLINGTON COLLEGE

Therapeutic massage requires more than a great pair of hands. Practitioners must also listen to clients, determining their strengths and weaknesses and then how best to move forward. It's a philosophy that Wellington College, one of the oldest schools for massage in Canada, applies to teaching, too.

At Wellington, students are encouraged to tailor their studies to prepare for the career that suits them best. By choosing different elective courses they can follow one of three different streams: The rehabilitative/therapeutic stream; the sports massage stream; or the spa stream.

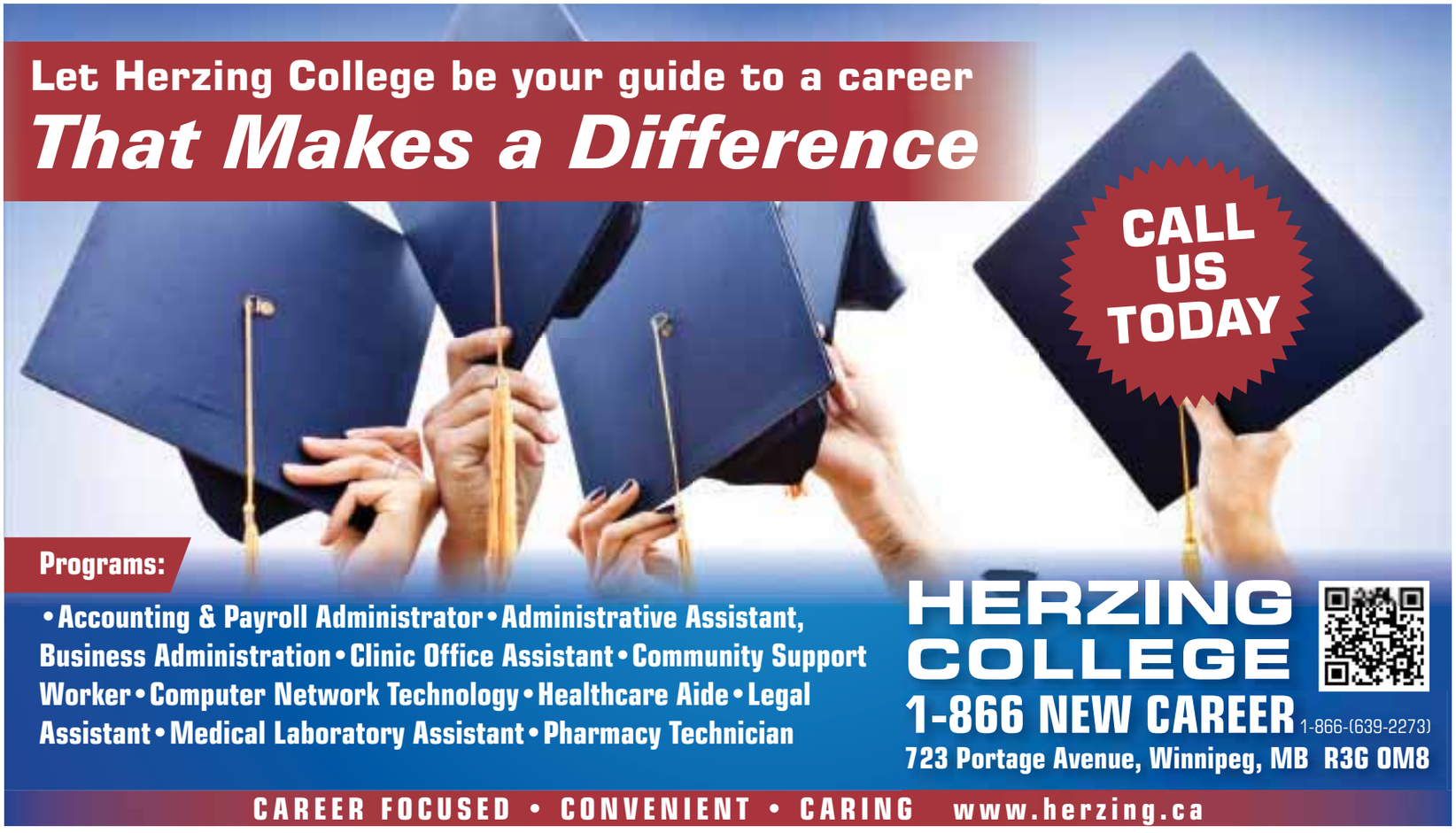
Wellington College's student support system also includes counselling services, study halls, and tutorial services, all free of charge. Classes average only 20 to 25 students, meaning each student can expect a lot of guidance and feedback. Should a student be struggling, the problem will be identified and addressed quickly.

Wellington College offers both a two-year, remedial massage therapy program, and a three-year, part-time program for adults, incorporating distance learning.

"Our students often tell us that their favourite part of studying here is the hands-on training opportunities," says Randy Ellingson, president, Wellington College. "This training, which accounts for more than 50 per cent of the total coursework, includes outreach programs and work in our student clinic, where, under instructor supervision, students provide massage services to the public. At the conclusion of the program, they complete a three-week practicum, on-site, at a place of business."

This practicum often leads directly to employment for the graduate. In fact, Wellington typically has more job opportunities available than it has graduates to fill them.

For more, visit wellingtoncollege.com, or phone 888-957-2402.



INTERNSHIPS AID YOUR CAREER CHOICE

When you enrol in a full-time program offered through Professional, Applied and Continuing Education (PACE) at the University of Winnipeg chances are you are looking for a new career. An internship can help you find it.

Gina Aiello is an internship coordinator at the university and a former student. She remembers the days before internships were available to those trying to break into the workforce. "Today, internships allow students to apply their knowledge and gain valuable skills, which make a huge difference to their employability," she says.

Almost all full-time PACE programs include internships, which vary in both format and duration according to the program. Some are project based. All are completed at the workplace of an employer in the Winnipeg area. They provide you with practical experience you can't get any other way.

"Internships are treated like real jobs," Aiello says. "That is why we also teach you interview skills and the fundamentals of resumé building.

"And as for who will be employing you during your internship, we have lots of options — our programs are highly respected and employers are pleased to bring our students aboard."

For more information about internships at the University of Winnipeg, call 204-982-6633, or visit the full-time program page at pace.UWinnipeg.ca.

ISTOCKPHOTO/THINKSTOCK

MASSAGE THERAPY CLASSES BEGIN IN JUNE

JUPITERIMAGES/COMSTOCK/THINKSTOCK

Robertson College's new massage therapy diploma program is coming soon and you can be part of it.

"This comprehensive program will teach you everything you need to know to be a registered massage therapist (RMT)," says Vijay Chintamaneni, campus director, Winnipeg campus. "This includes anatomy and physiology, pathology, massage technique, assessment, treatment, and more. Graduates of this program will be fully prepared for their new careers."

The program will also cover ethics, professional conduct, sanitation, nutrition, hydrotherapy, pharmacology and a range of other diverse subjects. You will be taught by instructors with real industry experience, able to impart both the theory and practice of massage therapy.

Classes for the massage therapy program begin mid-June. The program lasts 21 months, including a four-week practicum designed to provide you with both hands-on training and valuable networking opportunities. Like all practicums taken through Robertson College, this one will be organized with the student's needs in mind.

If you have questions, Robertson College career counsellors are available to discuss them, Monday through Friday.

To learn more about the massage therapy program, call the Robertson College direct line at 204-943-5661, or email Info@RobertsonCollege.com. You can also visit robertsoncollege.com.

HELPING OTHERS

AT THE NORTHWEST LAW ENFORCEMENT ACADEMY

COMSTOCK/THINKSTOCK

Dispatchers connect people in need to the emergency personnel who can help them. Their job requires a special set of communication skills. The Northwest Law Enforcement Academy can teach you those skills.

The academy's new emergency services communicator certificate program covers everything from conflict resolution to keyboarding to health and stress management. It is taught over 39 hours (three weeks), by two former 911 operators.

To qualify, you must be 18 years or older, fluent in English (both oral and written), have completed Grade 12 (or equivalent), be able to type 25 words per minute accurately, have good visual and hearing acuity, and have basic knowledge of Windows applications. You must also pass a criminal record check.

New classes will be held Tuesday and Thursday evenings, beginning April 30. You must be able to complete the entire 39 hours of class during the three weeks they are offered.

To schedule your pre-enrolment interview and screening test, phone 204-953-8300 or 866-953-8300. Visit northwestlaw.ca to download the application form.

The Northwest Law Enforcement Academy is a post-secondary training institution licensed by the Manitoba Department of Education. The academy's trademark program — the law, protection and safety diploma program — has led many people to careers with law enforcement agencies across Canada.

PATAL SPECIALIZES IN THE HOSPITALITY INDUSTRY

Tired of poor customer service in the hospitality industry? Patal Vocational School has the solution — training in hospitality/tourism, culinary arts or entry level baking.

Patal has specialized in hospitality training since 1986 and has expanded its training to include culinary arts and baking.

Patal offers a personalized approach to teaching, which shows its students how to take the personalized approach in this industry. The value isn't within the product, but within the customer. Patal recognizes the value in investing in its students to ensure a valuable employee to enhance this industry. The hospitality industry is growing rapidly in Winnipeg and Patal sees the need to train its students to be involved in this growing industry. Patal's training reflects the growth of this industry in Winnipeg.

Patal is on the move and moved its location to the historic Exchange District in the "Education Hub" of Elgin Avenue.

PATAL VOCATIONAL SCHOOL PHOTO

The new location is changing the face of the Exchange and the school welcome its friends and neighbours to check it out.

Patal offers continuous intake of PC service technician/network management, computerized accounting, computerized office assistant, line cook, culinary arts and baking.

THE UNIVERSITY OF WINNIPEG
PROFESSIONAL, APPLIED AND CONTINUING EDUCATION

START A NEW CAREER IN ONE YEAR OR LESS

Start Dates	Upcoming Fall Full-Time Programs [program length]
Starts Aug 26:	Educational Assistant Diploma [6 months]
Starts Aug 27:	Police Preparation Diploma [8 months]
Starts Sep 2:	Project Management Diploma [11 months]
Starts Sep 3:	Public Relations Marketing Management Diploma [12 months]
Starts Sep 9:	Network Security Diploma [12 months]
Starts Sep 10:	Internet Systems Specialist Diploma [12 months]
Starts Sep 23:	Human Resources Management Diploma [12 months]

CALL NOW: (204) 982-6633
PACE.UWinnipeg.ca

Raise money. Crowdfunding for businesses would give investors stake in company

Crowdfunding would allow small investors to help get companies off the ground. ISTOCK IMAGES

Social media wants to meet up with corporate finance on the Internet to let startup and small businesses raise money online.

It's called equity crowdfunding — different from Kickstarter which funds creative projects like movies, games or music — because it would give these online investors shares in a company.

CEO and president Chad McMillan of Canada Gold Corp. (TSXV:CI) said equity crowdfunding would bring in more investors contributing smaller sums of money, spreading the risk.

"Crowdfunding is an innovative technique using modern technology that provides an opportunity to do that," he said in an interview.

He said it would help democratize investing, allowing small investors to help get companies off the ground.

"I believe there are people who would love to have access to those opportunities as opposed to it just being reserved for the distinguished few."

McMillan said publicly traded junior mining companies such as his own, startup technology and resource companies and any number of businesses would benefit.

"Many companies are finding it quite difficult to access and raise capital to advance their projects or their ideas," said McMillan, whose company is based in Vancouver.

THE CANADIAN PRESS

Laying the groundwork

- Equity crowdfunding is already allowed in Australia, United Kingdom and the Netherlands. Italy is implementing it and the United States also has laid groundwork for it.
- In Canada, a number of provinces are looking at it, including Quebec, Alberta and Ontario.

Five taxing tax myths

Alison on Money.
Fact or fiction: what do Canadians believe when it comes to tax time?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the $10,822 personal amount so I don't have to file a tax return.

Even if you did not earn more than the $10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing a return.

Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

2. I can claim a flat rate amount for business mileage.

Self-employed Canadians must keep a logbook to calculate the auto expenses for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the whole year. But be detailed."

3. Child support is a tax deduction.

Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.

It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.

Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

4 SPORTS

NHL

Kulda rejoins Jets after time in KHL

The Winnipeg Jets signed defenceman Arturs Kulda to a new contract on Monday.

Kulda, 24, has played in 50 games with Novosibirsk of the KHL this season, recording 15 points (nine goals, six assists) and 55 penalty minutes.

Arturs Kulda
GETTY IMAGES

The native of Riga, Latvia, was originally drafted by the Thrashers in the seventh round, 200th overall, in the 2006 NHL draft.

THE CANADIAN PRESS

NFL

League settles on paying $42M to retired players

The NFL has agreed to pay $42 million as part of a settlement with a group of retired players who challenged the league over using their names and images without their consent.

The league will use the money to fund a "common good" trust over the next eight years that will help retired players with an array of issues including medical expenses, housing and career transition. The settlement also establishes a licensing agency for retired players to ensure they are compensated for the use of their identities in promotional materials.

THE ASSOCIATED PRESS

High playoff hopes for Canadian teams

NHL. Five of country's seven teams currently in position to play post-season hockey

Jets defenceman Dustin Byfuglien crashes the crease of Senators goalie Robin Lehner during Winnipeg's 4-1 loss in Ottawa on Sunday night. If the regular season ended today, both the Jets and Sens would advance to play in the post-season, along with three other Canadian teams. FRANK GUNN/THE CANADIAN PRESS

Nine long years.

That's how much time has passed since as many as five Canadian-based teams made the Stanley Cup playoffs.

If the season ended now, there would be five in the post-season — Montreal, Winnipeg, Ottawa and Toronto in the Eastern Conference and Vancouver in the West.

Only Edmonton and Calgary would be left out, although heading into Monday's games the Oilers were just two points behind eighth-place San Jose in the West and four points out of first place in the Northwest Division. The Flames were another two points back.

"It's great to see," Montreal defenceman Josh Gorges said. "Canada's been longing for a team to win a Cup and when you have more teams in the playoffs, obviously the odds are a lot greater."

However, it is not like Gorges or any other player is rooting for fellow Canadian teams to make it. They're only concerned about getting their own teams over the hump.

"It's exciting, but that's about it," added Gorges. "I'm worried about us. I don't care whether the other teams make it or not, to be honest."

His teammates said much the same, but that mindset could change if they get into the amped-up atmosphere and media coverage of a playoff series between two Canadian teams.

It hasn't happened since five clubs made it in 2004.

That year, the Flames downed the Canucks in the first round en route to the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning.

The same year, the Maple Leafs beat the Senators in the first round before bowing out to Philadelphia in a conference semifinal. It was the fourth time in a five-year span Toronto downed Ottawa in the post-season.

Canadian representation

The last time all the Canadian teams made it was 1985-86 when there were only 21 teams, seven of them in Canada.

Montreal also made it in 2004 and beat Boston in the first round before losing to Tampa Bay.

The Canadiens, the last Canadian team to win a Stanley Cup in 1993, are battling for first place in the conference with a 19-5-4 record heading into a game Tuesday night against Buffalo.

With 20 games left to play, only a major collapse would keep them out of the post-season. THE CANADIAN PRESS

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Homan splits a pair of defensive battles

Curling. Ottawa rink wins third straight at world championship by beating Russia, then loses in extra end to U.S.

Canadian skip Rachel Homan, left, delivers a rock as Lisa Weagle, right, and Alison Kreviazuk sweep against the United States at the world women's curling championship in Riga, Latvia, on Monday. The U.S. won the match in an extra end. ANDREW VAUGHAN/THE CANADIAN PRESS

Faced with a make-or-break shot with the game on the line, Canada's Rachel Homan approached her final throw Monday morning just like any other.

She settled into the hack and coolly delivered a perfect draw inside the four-foot ring for a 5-4 victory over Russia. It was another example of the poise Homan displays on the ice, all the more impressive considering it's her first appearance at the world women's curling championship.

The 23-year-old Ottawa skip thrived in the high-pressure moment at the Volvo Sports Center. Make the shot and you remain near the top of the standings.

Miss it and you fall into the middle of the pack.

Homan came through to give Canada the victory over Anna Sidorova and the European champions.

"I think it's a sign of all great skips that that's what they can do," said Canadian coach Earle Morris. "That's why there's only a certain number of people that are successful and continue to win year after year. Those people that are comfortable in that skip's position and like to play the high-pressure shots.

"They enjoy being in the environment, they embrace it, and she has that quality. She's able to do that, and that's what you saw this morning."

The comfort level of Homan and her Ottawa Curling Club teammates was evident in the final end. They made the shots when it mattered and put themselves in a great position to win the game.

The victory became even more important later in the day as the Canadian side dropped a 5-4 decision in an extra end to Erika Brown of the United States. Homan will take a 3-2 record into an afternoon matchup against Italy on Tuesday.

Both games Monday were long defensive battles. The teams were content to wait for the other side to make errors.

THE CANADIAN PRESS

Heat making history

Chris Bosh of the Miami Heat beats Jeff Green of the Boston Celtics to the basket at TD Garden in Boston, Mass., Monday. With a final score of 105-103, the Heat reached the second longest winning streak in NBA history — 23 in a row. JIM ROGASH/GETTY IMAGES

High-profile. Woods, Vonn confirm they're a couple

Sports has a new power couple: Tiger Woods and Lindsey Vonn confirmed they're dating.

Two months after rumours began circulating in Europe, Woods and Vonn posted separate items on their Facebook pages Monday afternoon to announce their relationship. The posts include photos of golf's 14-time major winner and the Olympic and World Cup downhill ski champion.

"This season has been great so far and I'm happy with my wins at Torrey and Doral," Woods said. "Something nice that's happened off the course was meeting Lindsey Vonn. Lindsey and I have been friends for some time, but over the last few months we have become very close and are now dating."

Woods made a stop in Austria — where Vonn was competing in the Alpine skiing world championships — in January on his way to Abu Dhabi to start his season. Two weeks ago, after he won the Cadillac Championship at Doral for his second win this year, The Daily Mail published photos that showed a woman, who appeared to be Vonn, in a golf cart at the marina where Woods' yacht Privacy was docked.

"I guess it wasn't a well-kept secret but yes, I am dating Tiger Woods," Vonn said on her Facebook page. "Our relationship evolved from a friendship into something more over these past few months and it has made me very happy."

THE ASSOCIATED PRESS

Tiger Woods and Lindsey Vonn confirmed on Facebook Monday that they're dating. GETTY IMAGES FILES

Women's hockey

Wickenheiser, Hefford lead Canada into world championship

Hayley Wickenheiser
THE CANADIAN PRESS FILE

Hayley Wickenheiser, Jayna Hefford and Caroline Ouellette are the veterans leading Canada into the women's world hockey championship in Ottawa next month.

They are among the 23 players named to the Canadian team attempting to the defend the world title Canada won last year in Burlington, Vt.

Ouellette scored the overtime winner in the final against the host United States last year.

Wickenheiser and Hefford will play in their 12th world championship and Ouellette her 11th in Ottawa.

Canada opens against the archrival U.S. on April 2 at Scotiabank Place and also faces Switzerland and Finland in its pool.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	51	14	.785	—
Indiana	41	26	.612	11
New York	38	26	.594	12½
Brooklyn	39	28	.582	13
Chicago	36	29	.554	15
Boston	36	29	.554	15
Atlanta	37	30	.552	15
Milwaukee	33	32	.508	18
Philadelphia	26	40	.394	25½
Toronto	**26**	**41**	**.388**	**26**
Washington	23	43	.348	28½
Detroit	23	46	.333	30
Cleveland	22	45	.328	30
Orlando	18	49	.269	34
Charlotte	15	52	.224	37

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	45	21	.682	5½
Denver	45	22	.672	6
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	32	.529	15½
Utah	34	32	.515	16½
Dallas	32	35	.478	19
Portland	31	35	.470	19½
Minnesota	23	42	.354	27
Sacramento	23	44	.343	28
Phoenix	22	45	.328	29
New Orleans	22	46	.324	29½

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS
Philadelphia 101 Portland 100
Indiana 111 Cleveland 90
Charlotte 119 Washington 114
Dallas 127 Atlanta 113
Brooklyn 119 Detroit 82
Memphis 92 Minnesota 77
Golden State 93 New Orleans 72
Denver at Chicago
Miami at Boston
L.A. Lakers at Phoenix
New York at Utah

TUESDAY'S GAMES — All Times Eastern
Orlando at Indiana, 7 p.m.
Portland at Milwaukee, 8 p.m.
Denver at Oklahoma City, 8 p.m.
L.A. Clippers at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Rangers	28	14	12	2	67	68	30
NY Islanders	28	13	12	3	83	91	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	29	10	15	4	76	93	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	28	15	11	2	83	78	32
Winnipeg	29	15	12	2	77	85	32
Tampa Bay	29	13	15	1	96	86	27
Washington	28	12	15	1	78	85	25
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	23	2	3	95	60	49
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	29	11	12	6	67	77	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Edmonton	28	11	11	6	69	81	28
Calgary	26	11	11	4	75	87	26
Colorado	27	10	13	4	69	84	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	27	12	12	3	69	81	27

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS
NY Rangers 2 Carolina 1 (SO)
Tampa Bay 4 Philadelphia 2
Calgary at Dallas
Chicago at Colorado
Minnesota at Vancouver
San Jose at Anaheim
Phoenix at Los Angeles

SUNDAY'S RESULTS
Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Washington 5 Buffalo 3
Edmonton 3 Nashville 2

TUESDAY'S GAMES — All Times Eastern
Ottawa at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Florida at Carolina, 7 p.m.
Nashville at Columbus, 7 p.m.
Washington at Pittsburgh, 7:30 p.m.
Buffalo at Montreal, 7:30 p.m.
Boston at Winnipeg, 8 p.m.
St. Louis at Vancouver, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

WEDNESDAY'S GAMES
Tampa Bay at Toronto, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Colorado, 9:30 p.m.
San Jose at Edmonton, 9:30 p.m.
Chicago at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	35	48
Kunitz, Pit	18	22	40
Stamkos, TBL	20	18	38
St-Louis, TBL	7	30	37
Kane, Chi	15	19	34
Staal, Car	13	20	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Ribeiro, Wash	10	21	31
Getzlaf, Ana	10	21	31
Duchene, Col	12	18	30
Datsyuk, Det	9	21	30
Zetterberg, Det	8	22	30
Neal, Pit	17	12	29
Ladd, Win	14	15	29
Moulson, NYI	11	18	29
Semin, Car	8	21	29
Stewart, StL	14	14	28
Parenteau, Col	12	16	28
Letang, Pit	3	25	28
Gagner, Edm	11	16	27
Kadri, Tor	11	16	27
Kessel, Tor	10	17	27
Elias, NJ	9	18	27
Thornton, SJ	5	22	27

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

♉ Taurus
April 21 - May 21
You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

♊ Gemini
May 22 - June 21
A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

♋ Cancer
June 22 - July 23
Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

♌ Leo
July 24 - Aug. 23
You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

♍ Virgo
Aug. 24 - Sept. 23
You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

♎ Libra
Sept. 24 - Oct. 23
As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

♏ Scorpio
Oct. 24 - Nov. 22
There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

♐ Sagittarius
Nov. 23 - Dec. 21
Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

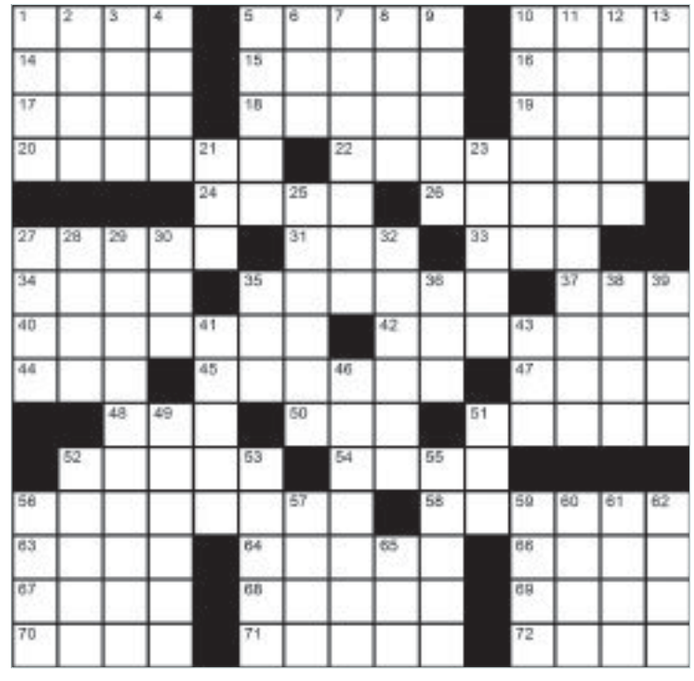
♑ Capricorn
Dec. 22 - Jan. 20
The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

♒ Aquarius
Jan. 21 - Feb. 19
There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

♓ Pisces
Feb. 20 - March 20
You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. **SALLY BROMPTON**

Crossword: Canada Across and Down

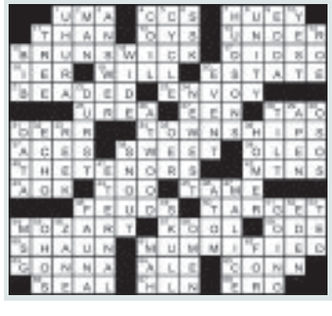
BY KELLY ANN BUCHANAN



Across
1. March 19-24, 2013: Canadian Music __
5. Ozzy, as Jack or Kelly would introduce him: 2 wds.
10. River of Turkey
14. Competent
15. Emma Roberts, to Julia
16. Drill hole
17. Broadway musical, __ Yankees
18. Related maternally
19. Huffy-puffy mood
20. Solar __
22. Embassy worker
24. Paper pack
26. Of the ear
27. British singer Ms. Goulding
31. '_' __ in Regina
33. "Arctic Air" network
34. Bridal accessory
35. Made up of two
37. Permit
40. English: French
42. Prime Minister __ _. Pearson
44. To the __ degree
45. Batman's city
47. "__ Street" (1987)
48. Even if, briefly
50. Swiss river, variantly
51. Great __ (Dogs like Marmaduke)
52. Piercing
54. Actor Mr. Phillippe
56. "ET Canada" airer: 2 wds.
58. Group of Seven painter Mr. Harris (b.1885 - d.1970)
63. "__ and _" by Lady Gaga
64. Cosmetics company, L'__
66. Car
67. __. __. Helens, Wash.
68. Alan of Great Big Sea
69. Like a slanted line, for short
70. Ladies
71. Ms. Spacek
72. Bryan Adams album: '__ the Fire'

Down
1. Big bits
2. Web auction site
3. Tree types
4. Superman/Clark __
5. Boeotian Muse of memory
6. Feminine side
7. Juno-winning rockers, Theory of a __
8. Play's opening: wd. + Roman Numeral
9. Filmmaker Ms. Mehta
10. Soak up
11. Canadian sportscaster: 2 wds.
12. Font style
13. Cobblestone
21. Bard's 'previously'
23. Beatles' 'In the Sky' girl, and others
25. Record label Clive Davis founded
27. "__ Almighty" (2007)
28. Pre-Easter period
29. Peggys Cove landmark
30. Unwell
32. Wage
35. Li'l life story
36. "Shiny Happy People" b.a.n.d.
38. Detective novelist, __ Stanley Gardner
39. Dining room pieces, for short
41. Marketplace of ancient Greece
43. Lettered airline, once
46. Canadian fast food chain
49. Smoking, gum chewing, and others
51. Genetic letters
52. Laziness
53. Trudges
55. Tin Pan __
56. Rep-doing locales
57. Deanna __ (Counselor on "Star Trek: The Next Generation")
59. Sort of streambed
60. Wreck
61. Louisiana, for one, in French
62. Cancelled, __-__
65. Mr. Gore's

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	5		7			
	4					5	6	
8	9				2	4		
2		8	4				7	
				9				
	7				3	6		5
		7	8				9	1
	1	2					4	
			1		9	2		

Yesterday's Sudoku

7	6	1	5	4	9	2	8	3
9	4	2	3	8	1	7	5	6
5	8	3	6	2	7	9	4	1
1	5	4	7	6	3	8	9	2
3	7	6	8	9	2	5	1	4
2	9	8	4	1	5	3	6	7
8	3	7	1	5	4	6	2	9
6	1	9	2	3	8	4	7	5
4	2	5	9	7	6	1	3	8

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -11° MIN: -18°	MAX: -12° MIN: -17°	MAX: -12° MIN: -15°

BT BREAKFAST TELEVISION

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